Special Routines

Camp Dance - "Old Time Rock and Roll" Remix by: Bob Seger - Time 1:36 - Your dancers will rock the floor while showcasing a wide range of skills that bring their talent to life. This high-energy routine keeps dancers engaged and builds confidence throughout. With versatile choreography suited for all levels, featured skills include battements, a développé leap, calypso, switch arabesque or press leap, and pirouettes. Dancers will feel both challenged and empowered as they show off their style and personality.

Glow Pep Rally Pom - "All of the Lights (Remix)" by: Rhianna - Time: 1:06 - This routine is perfect for a glow-in-the-dark pep rally! Packed with engaging parts, it keeps energy flowing from start to finish. There are no floor parts, so you can perform this anywhere—from a gym with blacklights, to outside in the dark! Featuring a jeté and a pirouette, the choreography emphasizes parts, ripples, and continuous movement to create memorable and eye-catching visuals throughout.

Country Pep Rally Pom - "Loud" by: Big & Rich - Time 1:17 - This country-inspired pep rally pom is a fun, high-energy routine your dancers will love! It features strong pom motions, playful country-style flair, and exciting formation changes throughout. With its high energy and sassy style, this routine keeps the momentum going and gets everyone clapping along.

Beach Pep Rally Jazz - "California Girls" by: Katy Perry - Time: 1:15 - Take your crowd to the beach with this pep rally jazz routine set to Katy Perry's hit "California Girls." This upbeat choreography features eye-catching visuals and includes level changes, seamless transitions, and floorwork. Designed to convey a fun, coastal energy, this routine is an ideal fit for any beach-themed pep rally performance.

Throwback Pep Rally Hip Hop - "Throwback" by: Various Artists - Time 1:18 - This hip hop routine is a throwback celebration, bringing classic hits to life through bold choreography and nonstop attitude. Set to iconic old-school tracks, dancers will be challenged to execute sharp accents, smooth grooves, and confident style with precision and control. Blending nostalgic influence with dynamic staging, the routine highlights unity, individual personality, and strong musicality—transforming any performance into a tribute to hip hop's golden eras.

Camo/Patriotic Pep Rally - "Kids in America" by: Green Day - Time: 1:14 - This pep rally routine is a great fit for any patriotic performance or USA-themed pep rally! Set to an energetic, rock-inspired

version of “Kids in America,” it’s designed for dancers of all levels. The choreography includes a press leap along with engaging parts and contagions that highlight the music’s accents. Versatile and performance-ready, this routine could incorporate poms or streamers and could easily be adapted for smaller spaces.

Pink Out Pep Rally Pom – “Pink” by Lizzo – Time: 1:15 – Bring confidence and energy to the floor with this pink-powered pom routine set to a Lizzo track! Sharp, sassy, and full of attitude, the choreography features precise pom motions, clean lines, and visual formations. Featured skills include kicks, pirouettes, a jeté or tilt jump, level changes, and eye-catching pom visuals which can be adjusted to fit any team’s skill level. This fun and empowering routine is a great choice for a pink-out performance.

Halloween Pep Rally - "Halloween Mix" - by Various Artists - Time 1:15 - This is a fun and festive blend of Halloween-themed songs that’s perfect for setting a spooky vibe and entertaining any audience. The variety of music and movement keeps dancers engaged while remaining simple, quick to learn, and easy to clean. Featuring parts, opposition, and attention-grabbing visuals throughout, this routine is a great choice for a pep rally or any Halloween-time performance!

Christmas Pep Rally - “Underneath the Tree” by: Kelly Clarkson - Time 1:34 - Get your audience in the Christmas spirit with this holiday jazz routine! This fast-paced dance is a Rockette inspired, precision jazz that includes a press leap, pirouette, and the iconic “eye-high” kick line. The pace of choreography is designed to challenge your dancers but can easily be modified to fit your teams’ ability. “Underneath the Tree” is perfect for a winter pep-rally, basketball game, or holiday performances.

Jazz: Kelly Norman, asst: Carolyn Thompson

Beg Jazz - "Are You Gonna Go My Way" by: Lenny Kravitz - Time 1:18 - Let this bold and energetic jazz routine transport you back to the electrifying era of 90’s rock & roll. With engaging parts that create strong visual impact, this piece also highlights technical skills such as pirouettes and press leaps to showcase your team’s ability. Your dancers will feel like true rockstars as they bring this powerful performance to life for the crowd!

Int Jazz - “What a Feeling” by Kelly Rowland - Time 1:50 - This lively jazz routine is ideal for a football halftime performance, pep rally, or basketball game. The choreography features parts, level changes, and floorwork along with a jeté, pirouette, and press leap. This dance will challenge your dancers but can easily be modified to fit your team’s skill level. “What A Feeling” is sure to energize and impress any audience!

Int Field Jazz - “Crazy in Love” by: Doug Adams (Alfred Music) - Time 1:32 - This field jazz will be a fan favorite halftime or pep rally performance. Set to a high energy pop classic, this choreography includes intermediate technical skills including: pirouettes, press leaps, fan kick, and a jeté leap. Your team will have a crazy fun time performing this field routine!

Int/Adv Field Jazz - “Crazy Train” by: Paul Murtha (Hal Leonard) - Time 2:05 - “Crazy Train” delivers a dynamic and stylized performance perfect for halftime entertainment. Created for intermediate to advanced dancers, this field jazz features opposition, parts, a calypso, switch arabesques, and a split. With a longer runtime, the choreography incorporates ripples and a repeat section, adding visual

interest and impact. This jazz to a classic, crowd-favorite song is guaranteed to have your audience on their feet!

Int/Adv Jazz - "Wash & Set" by: Leikeli47 - Time 1:26 – This fast and feisty jazz is sure to keep your crowd entertained! "Wash & Set" includes skills such as a back attitude leap, a double turn, and a battement. There are groups, opposition, and levels featured throughout the routine to add variety and dimension. While highlighting your dancers' technique, this routine is an engaging and high-energy performance fit for any event!

Adv Jazz - "Training Season" by: Dua Lipa - Time: 1:34 - Challenge your dancers to tap into their inner rockstar! This sassy, stylized jazz routine captures the high-fashion energy of a Dua Lipa world tour, making your team feel as if they are performing as backup dancers at her concert. Built on sharp, staccato rhythms, the powerful choreography is designed to pop on any performance floor.

Int/Adv Stylized Jazz - "Toxic Las Vegas (Jamieson Shaw Remix)" by: Elvis Presley & Britney Spears - Time: 1:37 - Looking for something fun and creative for a pep rally or performance? This routine is a great fit! Technical highlights include a double turn, a firebird or press leap, and a calypso, making this an exhilarating and impressive routine for any performance. Set to a vibrant mix of hits from stars like Brittany Spears and Elvis, this jazz features multiple parts, levels, and feature moments that bring true star quality to the dance floor.

Hip Hop: Tasha Franklin

Beg Hip Hop - "Rock Your Body" - by Various Artists - Time 1:20 - "Rock Your Body" is a fun, upbeat mix of songs designed to bring the hype and excitement to any performance. The dynamic tempo changes paired with a wide range of hip hop movement keep dancers engaged throughout. This routine is packed with groups, formation changes, and strong visuals that create a lively and impactful performance from start to finish.

Int Hip Hop - "2000s Throwback Mix" by Various Artists - Time: 1:42 - Get ready to throw it back! This high-energy mix features hits from the 2000s, surely filled with crowd-favorite tracks. Packed with attitude, groove, and nonstop nostalgia, this routine is designed to instantly amp up any audience. Featuring bold musicality, and dynamic hip hop textures, dancers will show off their personality and performance quality. This piece is perfect for pep rallies, game days, and showcases—guaranteed to have the crowd dancing along!

Int/Adv Hip Hop – "Missy E Mix" by: Missy Elliott - Time 1:20 - "Missy E Mix" is a fun and upbeat hip hop that is sure to get the crowd going! This dance contains levels, groups, opposition, throughout the routine. This dance is enjoyable, yet challenging for your dancers, and would be perfect for pep rallies, basketball performances, or even to learn just for fun!

Adv Hip Hop - "Run It" by: Various Artists - Time 1:25 - This hard-hitting hip hop routine combines the sounds of Drake, 21 Savage, and Travis Scott into a powerful performance that demands attention from the first beat. Packed with sharp movements and crowd-hyping visuals, this routine will push your dancers, while showcasing their confidence and style. This routine is perfect for pep rallies, pop-up performances, and game day appearances, and will leave your audience wanting more.

Pom: Kayla Bruner, asst: Julianna Gilliam

Beg Pom - "Spice Girls Mix" by: Spice Girls – Time 1:29 - Perfect for beginner dancers and those wanting to work on mastering their pom technique, this energetic routine will be a great start to your season. Full of classic pom positions, parts, groups, and satisfying visuals, 'spice up your life' with this spirited pom routine!

Int Pom - "Dynamite Mix" by: Various Artists - Time 1:38 - This intermediate pom routine is brisk and bold, featuring strong visuals, sharp arm motions, and technical elements that bring energy to the performance. The choreography includes a stationary leap, high kick, and pirouette, along with a featured section that highlights dancers within the team. "Dynamite Mix" is a sassy, supercharged pom from start to finish, that your dancers and audience will love.

Int Field Pom - "Danger Zone" arr. by: Mike Story (Alfred Publishing) - Time 1:53 - This intermediate field pom is sure to entertain your fans! Technical skills showcased in "Danger Zone" are a straight leap, press leap, single or double pirouette, intricate arm movements, and quick direction changes. With precise pom motions and pleasing-to-the-eye visuals, this pom is not only fun to watch, but fun to perform!

Int Field Pom - "APT" by: Matt Conaway/Pam Nave (Hal Leonard) Int Field Pom - Time: 1:40 - This fast-paced and highly visual field pom routine is designed to keep the crowd engaged from start to finish. The choreography features a double turn, jeté leap, and battement, giving dancers the opportunity to showcase both technique and performance quality.

Int/Adv Field Pom - "Firework" by: Michael Brown (Hal Leonard) - Time 1:48 - This field pom routine to "Firework," arranged by Michael Brown, is a powerful performance bursting with energy from start to finish. With sharp arm movements, clean formations, and eye-catching pom visuals that light up the field. Technical skills include a press leap, calypso, double turn, and a variety of kicks. High in energy throughout, this routine delivers precision and excitement that will entertain any halftime crowd.

Int/Adv Pom - "Funky Town Hits" by: Various Artists - Time: 1:27 - "Funky Town Hits" offers a challenge for dancers while remaining adaptable to meet the needs and skill level of your team. The choreography features a variety of dynamic visuals, including opposition, level changes, and feature moments that highlight individual dancers. Technical elements include a firebird or press leap, a turning disc or chassé leap, and double/triple pirouettes. Your audience will love this funky and energetic pom routine!

Adv Pom - "Move It" by: Various Artists - Time: 1:15 - This advanced pom will surely get your dancers to "Move It"! The choreography features visually engaging and intricate pom motions that are both impactful and easy to clean. The routine highlights advanced technical skills with adaptable options to accommodate any level of team, without sacrificing performance quality.

Pro Style Pom - "Ain't Nothin Wrong With That" by: Robert Randolph & The Family Band - Time 1:40 - This is a peppy pro-style pom, to a 2000s rock/soul hit! This routine mainly focuses on style, performance quality, and precise-high energy movement! "Ain't Nothin Wrong With That" is a fun challenge for your dancers, and would be perfect for a pep rally, spring show, or any community performance.

Prop: Nikki Whitley

Beg Field Hoop – "Shake a Tail Feather" By: Tom Wallace (Arrangers) – Time 1:32 - Turn up the fun with this high-energy beginner hoop routine set to the iconic "Shake a Tail Feather"! This routine combines simple, clean technique with bold, engaging visuals that pop on the field. Dancers will perform contagions, a single or double pirouette, a battement, and dynamic arm movements. With its upbeat tempo and familiar sound, this routine is sure to get the crowd involved and shake up your field performance.

Int Field Fan - Nikki Whitley - "Car Wash" by: Jay Dawson (Arrangers Publishing) - Time: 1:27 - Your audience will love this visually-pleasing fan routine to "Car Wash"! Designed for an intermediate team, this routine is high energy, featuring dazzling fan choreography, ripples, and impactful formations. Choreography includes approachable jazz technique such as kicks and sautés, along with level changes and stylized transitions, all enhanced by creative fan work to mimic water and motion. It offers the perfect balance of challenge and accessibility and can easily be modified to fit your team. Ideal for halftime, this routine is guaranteed to be a fan favorite!

Int/Adv Field Streamer - "Jump" by Doug Adams (Alfred Publishing) - Time 1:48 - This energetic field streamer is sure to catch the audience's attention! The routine is visual, with level changes, parts, and formations to keep your audience interested. It includes skills like a press leap, jeté, pirouette, battement, and tour en l'air, providing a challenge while still being adaptable for different skill levels. This streamer routine is perfect for a football halftime, pep rally, or any game-day performance.

Kick: Libby Stronz

Int Field Kick - "Don't Stop the Music" by: Tom Wallce (Arrangers) - Time 1:40 - "Don't Stop the Music" during this vivacious field kick routine set to Rihanna's iconic hit! This choreography features powerful kick sequences, sharp visuals, and exciting musical accents. Dancers will showcase their technique with elements such as a single/double pirouette, a press leap, and strong, controlled high kicks throughout. With engaging group work and adaptable skill options, this routine is designed to deliver confidence, precision, and impressive visual impact under the Friday night lights!

Int/Adv Field Kick - "Larger Than Life" by: Tom Wallace (Arrangers Publishing) - Time 1:42 -Your team will enjoy this "Larger Than Life" kick routine, designed to showcase dynamic movement and strong performance quality. The choreography features a variety of kick sequences, engaging footwork, and opposition throughout. This routine challenges dancers' musicality and timing while delivering a strong, polished performance that will WOW your audience!

Int/Adv Kick - "Think" by: Aretha Franklin - Time 1:45 - "Think" is a high energy and upbeat kick routine to match this iconic Aretha Franklin hit! Challenge your dancers with choreography that includes parts, complex kick sequences, a turning disc, and a double pirouette. This routine is well-suited for any pep rally, football game, or stage performance.

Military: Rachel Dodson

Int Field Military - "All Night" by: Doug Adams (Alfred Publishing) – Time 1:22 - This routine emphasizes clean visual parts and precise arm movements, and includes a jeté and press leap to challenge intermediate dancers. The versatile choreography can easily be adapted for a pep rally setting

by utilizing the pop version and incorporating poms. With its easy-to-clean formations and exuberant energy, “All Night” is designed to be a powerful and polished performance.

Int/Adv Field Military - “Any Way You Want It” by: Jerry Burns (Alfred Publishing) - Time 1:30 - This field military is full of exhilarating visuals and eye-catching contagions. The routine includes a battement, jeté, and press leap. With a variety of groups, formations, and levels throughout, this captivating military routine is designed to deliver an engaging and memorable performance for any halftime setting.

Lyrical/Modern/Contemporary: Miriam Vera, asst: Claudia Vera

Beg/Int Lyrical - “Survive” by Madilyn Bailey - 1:27 - This emotional lyrical routine utilizes intentional formations and visual design to support a cohesive storyline throughout the routine. The choreography incorporates expressive arm movements, level changes, floorwork, a press leap, grand jeté, pirouette, calypso, and optional tilt kick variations, allowing for adaptability across varying skill levels. “Survive” develops beautifully through coordinated group timing, contagions, and fluid transitions, making it well-suited for showcases, community performances, or simply as a tool to further develop your team’s lyrical technique and performance quality.

Int/Adv Lyrical - “Falling” by: Harry Styles - Time: 1:37 – Your audience will be captivated by the emotion and vulnerability of this powerful Harry Styles song! This routine focuses on storytelling through fluid movement, breath, and floorwork and includes a penché, triple pirouette, and a layout. The choreography will challenge your dancers' control and musicality, but can easily be modified to fit your team’s skill level. This moving lyrical piece is well-suited for a competition stage, spring showcase, or dance concert.

Int/Adv Modern - “The Cave” by: Mumford & Sons - Time: 1:31 - “The Cave” emphasizes athleticism, encouraging dancers to execute strong, core-driven contractions that align with the phrasing and musicality. Technical elements are integrated throughout intricate floorwork and dynamic level changes, with options for modification to accommodate a range of skill levels. This grounded yet lively modern routine offers a polished and sophisticated performance piece suitable for any stage setting.

Int Contemporary - “Iris” by: Tommee Profitt & Ruelle - 1:37- “Iris” is an intermediate contemporary routine designed to provide dancers with meaningful opportunities to connect with their emotions and a strong sense of artistic enjoyment through movement. The choreography features lifts, both unison and group sections, as well as ripples and fluid phrasing. This dance serves as an effective tool for developing a deeper understanding of contemporary style, while fostering emotional connection, expression, and performance quality among your dancers.

Int/Adv Contemporary - “Two” by: Sleeping At Last - Time 1:32 - This routine provides dancers with the opportunity to develop their showmanship and refine movement quality. The choreography includes visual formations, an optional elite technique section, and a variety of leaps, with adaptable options to support dancers across different skill levels. Set to an emotionally driven piece of music by Sleeping At Last, this routine is designed to convey emotion, highlight artistry, and improve overall performance quality.

Adv Contemporary - "Over You" by: Marc Scibilia - Time 1:41 - This advanced contemporary routine is technically demanding yet highly satisfying to perform. The choreography incorporates a range of contemporary movements designed to push dancers' strength, control, and overall technical proficiency. Featured skills include à la seconde turns, calypso, leg extensions, and more! "Over You" utilizes parts and group work to create strong visual interest and effectively showcase your dancers' technique and performance quality.

HBCU-Style: Mila McQueen

Int HBCU Field Jazz - Mila McQueen - "Lil Boo Thang" by: Jay Bocook (Hal Leonard) - Time 1:38 - This HBCU field jazz is a great way to introduce your team to the this style of choreography, and is sure to make your crowd want to get up and dance with you! "Lil Boo Thang" includes a single pirouette, press leap, split, & kick line that can be modified to fit any team without losing that sassy HBCU style.

Int/Adv HBCU Field Jazz - "Let's Groove" by: Tom Wallace (Arrangers Publishing) - Time: 1:27 – Your audience will instantly connect with this timeless classic that brings contagious energy and crowd engagement. This HBCU-style field jazz emphasizes powerful performance quality and smooth transitions. "Let's Groove" includes turns, leaps, floorwork, as well as a stylized groove that highlights both technique and personality. This funky, feel-good routine is perfect for any high-energy halftime or game day performance.

Team Building: Erica Wilcox

American Dance summer curriculum routines are designed for field, pep rally, spring show and other community performances! While you are welcome to use this choreography for competition, please refer to the contest scoresheets and make adjustments as needed!